

FREE

Change the Future WV
Berkeley County Health Department
University Healthcare
Presents:

"Living Well - With Diabetes"

A Diabetes Self-Management Workshop

A Fun, Easy 6-week workshop - Join us and learn ways to feel better,
and deal with the frustrations and discomforts of living with Diabetes!

EVERYONE can benefit!

Topics Include::

- Decision making and problem solving
- Monitoring blood sugar
- Preventing Complications
- Preventing low blood sugar
- Dealing with difficult emotions
- Healthy eating
- Developing a meal plan
- Reading nutrition labels
- Strategies for sick days



Begins November 5th, 2014

Meets: Nov 5, 12, 19 and Dec 3, 10 and 17
(Meets weekly for 6 weeks)

Wednesday Mornings from 9:45 to 11:45

- Location : Berkeley County Senior Center
- 217 North High Street, Martinsburg

REGISTER NOW!

Contacts:

- Dianne Waldron - Berkeley County Senior Center
304-263-8873
Bssadmin1@berkeleycountyseniorservices.org

**FREE
Living a
Healthy Life
Book!**